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$1

The twisty tale of this Pape Ave. property listed for a buck in Toronto's red-hot real estate market

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Grocery store sprouts in food desert

ENTERTAINMENT DISTRICT

8,000-square foot space slated for Peter Street

Luke Simcoe
Metro | Toronto

The arrival of a new grocery store in Toronto's Entertainment District is being called a "bellwether" for the growing neighbourhood.

Independent City Market — a franchise subsidiary of Loblaws — is slated to open Friday at 111 Peter St. The 8,000-square-foot grocer will be offering fresh produce and deli products to an area often thought of as a food desert.

"In this neighbourhood, the people who are moving in don't necessarily own a car or they don't want to drive on a regular basis, so the convenience of a grocery store you can walk to is definitely needed," said Janice Solomon, director of the Toronto Entertainment District BIA.

The Entertainment District's population has ballooned in the last decade from about 3,500 to 15,000, Solomon said. And with thousands of residential units being added every year, that number is only going to grow.

Despite the influx of people, there's still a dearth of grocery options.

> **The amenities are catching up with the demographic growth.**
> Robin Lobb

Loblaws, Metro and Sobeys all have outlets near the Entertainment District, but most are located outside the neighbourhood's traditional boundaries.

While walking 10 or 15 minutes to pick up produce isn't a big deal for half the year, it can be difficult in the winter, said Robin Lobb, director of the local residents' association.

Lobb called Independent City Market is an indicator of the Entertainment District's increasingly residential character.

"The amenities are catching up with the demographic growth," he said, adding he hopes farmers' markets or more food delivery options will follow.

One way another, he and Solomon are certain more fresh food options are on the horizon for the neighbourhood. They just hope they'll come in the form of smaller outlets over a big box grocer.

"When you live downtown, smaller boutique grocery stores just make more sense," Solomon said.

Canadian Forces members stabbed in North York | TORONTO METRONEWS

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Your essential daily news

European, Russian space agencies launch mission to hunt for signs of life on Mars. **World**

Pot purveyors aim to rebrand weed

Alan Gertner, CEO of Tokyo Smoke, poses for a photograph at his business in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

RETAIL

Shop offers high-end coffee and paraphernalia

You won't find brightly coloured bongs or bubble gum-flavoured rolling papers displayed against the backdrop of exposed brick and modern, industrial-style furnishings at Tokyo Smoke.

Instead, the shop — located in a former shipping dock nestled between two warehouses in Toronto's west end — carries high-end pot paraphernalia befitting the pages of a design magazine while also serving up cups of artisanal coffee.

Pipes handcrafted by California-based ceramicist Ben Medansky sit alongside a pricey portable vaporizer, a reimagined version of the French press coffeemaker launched via a Kickstarter campaign and a selection of what shop owner Alan Gertner calls "museum quality collectibles" — items such as vintage Barbies and a vintage Hermes bag.

It's all part of Gertner's mission to create a cannabis-friendly lifestyle brand that caters to the urban intellectual — one that breaks the mould of dated weed associations involving video games and junk food.

"I don't think there is a home for someone who's buying Mast Brothers chocolate and drinking the nicest coffee to have a similar experience in pot," says Gertner, who quit his job at Google to launch the brand.

"It's no different from someone who has beautiful stemware in their home for alcohol. We ritualize and love our experiences, and I think we should have the same thing with cannabis."

The emergence of a luxury cannabis-oriented lifestyle brand like Tokyo Smoke is the latest development in a saga that has seen the purveyors of pot work to reshape popular perceptions of the drug. Until more recently, those efforts have been aimed at trying to demonstrate the drug's medical legitimacy.

Philippe Lucas, a vice-president at Nanaimo, B.C.-based grower Tilray, says decades of propaganda — including the well-known 1936 flick "Reefer Madness"— have made rebranding marijuana a challenging task.

"I think the stigma is completely understandable when we look at the 70 years of misinformation, propaganda and drug war rhetoric that's come out of Canada and the U.S.," says Lucas, who is also the executive director of the Canadian Medical Cannabis Council.

Adding to the difficulty are Health Canada regulations that prevent medical marijuana producers from making health claims in their advertising materials — rules which also apply to the broader pharmaceutical industry. THE CANADIAN PRESS

MAGIC NUMBER

A day to celebrate the many roles and digits of Pi

Blaze Pizza celebrated Pi with pie. They served up pizzas for $3.14 in honour of Pi Day. LIZ BEDDALL/METRO

Liz Beddall
Metro | Toronto

The staff at Blaze Pizza on Dundas Street East prepped hundreds of pies Monday for people who lined up around the block to score a pizza for $3.14 as part of a Pi Day promotion.

Dr. Anthony Bonato, associate dean of students and programs at Ryerson University's department of mathematics, helped us understand a little more about the numerical value known as pi (celebrated annually on March 14) and why it should be feted all year.

What makes it so special?

Pi is the ratio of a circle's circumference to its diameter, and that means "we see it everywhere," Bonato said, referencing circles like the moon, the sun and human eyes. Plus, "pi is special as it's a transcendental number with no pattern to the numbers," he added.

Wait, its how many digits?

It's infinite. While Bonato says he's managed to memorize 15 of the numbers after 3.14, a 21-year-old student from India broke a 10-year Guinness World Record last year by reciting 70,000 digits from memory.

Doubly honoured

March 14 isn't just Pi Day. It's also Albert Einstein's birthday

"His famous field equation to describe gravity, which has been used recently to detect gravitational waves, pi plays a role in that," Bonato said.

IN BRIEF

Rare salamander migration closes part of road

An annual rite of passage has returned to Burlington.

The city is restricting traffic through April 6 on a portion of its King Road to allow for the migration of Jefferson salamanders. An endangered species, the salamanders spend the winters underground and emerge in spring in search of ponds to lay eggs. Burlington has closed a portion of King Road annually since 2012.

MICHAEL GREGORY/BURLINGTON POST

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A health haven for addicts

Crusader calls sites 'just good medicine'

Jessica Smith Cross
Metro | Toronto

The man who's been called Canada's "most famous junkie" has a message for Torontonians: Don't get hysterical about supervised injection sites.

Dean Wilson was an injection drug user in Vancouver who used the supervised injection services of the Insite clinic in the Downtown Eastside. When the federal government tried to shut it down, he fought to save it. He went all the way to the Supreme Court of Canada in 2011 and won.

Dean Wilson YOUTUBE

"If you clear all the smoke and mirrors away, it's just good medicine," he said.

Many people went the hysteria route in 2003 when Insite opened in Vancouver, he said, but they've since come around. Local business owners worried about a spike in crime and increased drug use, but the opposite has happened, Wilson said.

There are also benefits the public doesn't see: Users get access to health care through supervised injection sites, which means they require hospitalization less often, saving the public money, he said.

Supervised injection sites also give addicts access to help if, like Wilson, they reach a point when they don't want to use anymore. In his mid-fifties, after decades of drug use, Wilson went to Insite and enrolled in a detox program. It was possible, he said, because of the trust he'd developed in the supervised injection services over the years.

SUPERVISED INJECTION

Advocates say proposal will stem torrent of needless deaths

The city's chief medical officer of health is proposing three supervised injection sites between Queen West and Leslieville, saying they will halt the rising number of overdose deaths.

The sites, proposed to be part of "well-established" community health centres, are in areas where injection drug use and overdose rates are higher than average, Dr. David McKeown told a news conference Monday.

Those sites are currently the busiest hubs for sterile needle distribution, representing three quarters of all needles handed out — nearly 1.9 million last year.

"These are essentially preventable deaths, and we must do more to save the lives of these vulnerable members of our community," McKeown said.

The sites being proposed are the Queen West Central Toronto Community Health Centre on Bathurst Street, the Works at Toronto Public Health's building on Victoria Street and the South Riverdale Community Health Centre on Queen Street East near Carlaw Avenue.

Health Promotion Specialist Samira Walji demonstrates how needles will be disposed of after a news conference announcing three safe-injection sites for Toronto. TODD KOROL/TORSTAR NEWS SERVICE

A report to the city's board of health to be debated March 21 asks that a co-ordinated consultation in the affected communities be launched — a legal requirement before the federal health minister can approve their existence.

The plan now before the board of health looks to report back on public and stakeholder consultations in July. The earliest an application could be submitted to Ottawa would be early this fall, McKeown said.

Those health centres looking to expand their services say the number of overdose deaths in Toronto — reaching an all-time high of 206 in 2013 — highlight the overwhelming need.

"If 206 people died each year from a plane crash, wouldn't we do something about it?" asked Lynne Raskin, the CEO of the South Riverdale clinic.

Peter Leslie, a former paramedic who became homeless and began using injection and other drugs, said he's used the existing harm-reduction services offered by the Works and South Riverdale and sees a large need for supervised injection.

"It's not just homeless people. It transcends class," said Leslie, who is now a harm-reduction worker at the Works and board member at the Queen West clinic.

Toronto Medical Officer of Health David McKeown TODD KOROL/TORSTAR NEWS SERVICE

At an unrelated news conference Monday, Mayor John Tory urged "rational" debate but stopped short of endorsing the medical officer of health's report.

"This is a consultation that I'm going to be looking at with very keen interest to see that what are very substantial public-health and public-safety issues are properly addressed," he said. "Clearly we have to do something in addition to what we're presently doing."

Last year, police spokesman Mark Pugash told The Globe and Mail that Chief Mark Saunders believed supervised injection sites cause "enormous damage" to neighbourhoods.

On Monday, Pugash said Saunders is participating in the consultation but is not yet weighing in on whether he'll support the sites.

TORSTAR NEWS SERVICE

MYTHS AND FACTS PROFESSOR ON WHETHER INJECTION SITES HARM OR HELP THE MOST VULNERABLE

Brandon Marshall, an epidemiology professor at Rhode Island's Brown University, on the facts about supervised injection sites.

Fact: Opening a supervised injection site in Vancouver saved lives.

Marshall authored a study that found overdose deaths declined dramatically in Vancouver's Downtown Eastside when a supervised injection site opened in 2003. The decline was 35 per cent in the area near the site and nine per cent in the rest of the city.

Myth: A supervised injection facility will increase disorder or crime in a neighbourhood.

"We saw the opposite. There were studies published by my colleagues that showed reductions in drug-related litter, like syringes ... crime, likewise, tends not to increase — if anything, it decreases."

Myth: Supervised injection leads to increased drug use.

Vancouver-based studies showed no increase in injection-drug use when a supervised site opened.

"The vast majority of users had been using a long time," Marshall said.

Fact: Supervised sites help people stop using drugs.

A study in the New England Journal of Medicine found people visiting supervised sites were more likely to enter detox programs than those who didn't.

"The facilities promote entry into those services," said Marshall.

Myth: Medical professionals shouldn't support the sites as they've sworn to do no harm.

A review found it would be against accepted nursing policy to not provide services, such as supervised injection, that help prevent overdose and death, Marshall said.

"It's part of medical practice to provide these services where appropriate," he said.

JESSICA SMITH CROSS/METRO

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Stabbing at Canadian Armed Forces office

ARREST

Two injured in attack at recruitment building

A 27-year-old man is under arrest after two members of the Canadian Forces were attacked with a knife at an Armed Forces recruiting office in North York on Monday afternoon.

Around 2:45 p.m., a man walked into the recruiting detachment at 4900 Yonge St. carrying a knife and attacked a Canadian Armed Forces officer working at the front desk, National Defence said in a statement. He suffered non-life-threatening injuries.

About seven or eight Armed Forces members immediately jumped on the assailant and subdued him till police arrived, Toronto Police chief Mark Saunders told reporters Monday night.

Toronto Police Chief Mark Saunders addresses media outside of the Joseph Sheppard Federal Building. TORSTAR NEWS SERVICE

A second Armed Forces member suffered a minor injury while confining the man, National Defence said. Both victims were taken to hospital.

Saunders said investigators are not ruling out terror as a possible motive behind the attack. While in custody, the suspect, who has not been named, made "certain comments which has caused some concern," Saunders said.

The suspect has been taken to a mental health hospital to be evaluated.

According to the office of the Minister of National Defence, there were no warning signs before the attack.

"No suspicious activity had been observed by Canadian Armed Forces members who work in that location prior to the incident. CAF members will continue to exercise vigilance and apply the necessary force protection measures."

More information on the attack, including details about the suspect and potential charges, are expected Tuesday, Saunders said.

Toronto police have called in the Canadian Security Intelligence Service, the Royal Canadian Mounted Police and the Ontario Provincial Police to help with the investigation.

Minister of National Defence Harjit Sajjan said in a statement on Twitter, "My thoughts are with the Canadian Forces members injured today in Toronto, and with those who responded bravely in the face of danger."

TORSTAR NEWS SERVICE

NORTH YORK

Man, 21, dead after police shooting

Alex Wettlaufer was trying to get out — so he worked hard in school and aspired to go into the military, all because he hoped to one day leave the North York community housing complex where he grew up.

But just a few minutes' walk from home late Sunday night, the 21-year-old was shot dead by Toronto police in the ravine within Villaways Park, following a report of a man with a gun near Leslie subway station.

It is a similar fate as that of Sammy Yatim, a teen also shot and killed by Toronto police in 2013, and someone Wettlaufer counted as a classmate and a friend, according to neighbours.

The incident began just after 11:15 p.m. Sunday, when officers arrived at the Leslie subway station at Leslie St. and Sheppard Ave. E. to investigate reports of a fight between two men. Toronto police tweeted late Sunday that one of them had a gun.

Investigators say one of the men fled to the nearby park, where there was a confrontation with Toronto police, including members of the Emergency Task Force, that resulted in police fatally shooting Wettlaufer.

Ontario's Special Investigations Unit (SIU), which probes incidents of death involving police, was called in early Monday to investigate. SIU spokeswoman Jasbir Dhillon said investigators cannot yet say if Wettlaufer was carrying a gun.

According to family friend Diane Storms, who spoke with one of Wettlaufer's siblings shortly after the shooting, Wettlaufer was on his way back home from visiting his girlfriend at the time of the incident and was on the phone with his mother when police approached.

"Can you imagine, talking to your child on the phone, then hearing gunshots? And then silence?" she said.

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Police tape near Don River Trail. TORSTAR NEWS SERVICE

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Cities will do the heavy lifting

AFFORDABLE HOUSING

Municipalities need to work out zoning change details

Luke Simcoe
Metro | Toronto

The province may be ready for new affordable housing policies, but the heavy lifting needed to turn them into reality will fall to cities like Toronto, advocates say.

Ontario Municipal Affairs Minister Ted McMeekin pledged Monday to introduce legislation that, if passed, would allow cities to make it mandatory for developers to include a certain percentage of affordable housing units in new buildings.

Toronto has been asking for so-called inclusionary zoning powers for a decade and the news was welcomed by housing advocates. But details of the zoning change will still need to be worked out at the municipal level — and that will mean turning a detailed eye toward the existing landscape, said Sean Meagher, director of Social Planning Toronto.

"We need to look at local development patterns and see what will generate the most appropriate amount of housing," Meagher said.

At stake will be questions like which developments the law applies to, what percentage of units must be affordable housing and who will shoulder the cost.

Toronto's chief planner, Jennifer Keesmaat, has suggested applying the law to developments 300 units or larger, but some advocates feel that threshold is too conservative.

"By keeping it high, you're leaving out a lot of projects that in turn won't be providing any housing," said Richard Drdla, an affordable housing consultant in Toronto.

Drdla suggested Toronto should borrow some "best practices" from the United States, where inclusionary zoning policies have been in place since the 1970s.

For example, to be effective, any affordable housing requirements must be mandatory, he said.

Toronto's existing Section 37 policy encourages developers to include affordable units, but Drdla estimates it creates only about 100 new affordable units a year. Inclusionary zoning, in contrast, is expected to add as many as 1,500 units annually.

"It's a different ball game," Drdla said.

Inclusionary zoning can also become an issue if it's brought into effect after developers have bought land, said David Amborski, director of the Centre for Urban Research and Land Development at Ryerson University.

"If developers suddenly have additional costs, it either leads to higher prices or lower profits," he said.

Drdla said affordable housing requirements could be phased in over time, so as to avoid penalizing developers who are "already in the pipeline."

Scenes like this could soon mean more than just new condos for Toronto. Affordable housing could become a mandatory part of all new projects. TORSTAR NEWS SERVICE FILE

LEGISLATION

Time is of the essence
Social Planning Toronto director Sean Meagher urged the province to fast-track any new affordable housing legislation.

Rather than draft new legislation from scratch, he said the Ontario Liberals should simply modify one of the two existing proposals already before the legislature.

"Speed is more important than having an easier bill to work with," he said.

"Every delay means we've permanently lost opportunities to build affordable housing in Toronto."

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Finally on the way: the rest of the Bombardier's new streetcars.
TORSTAR NEWS SERVICE

TRANSPORTATION

Streetcar rollout on schedule: TTC

This time they say they mean it.

The TTC says Bombardier is promising that Toronto's new low-floor streetcars will start arriving at a rate of about four a month in April.

Earlier reports had suggested the expedited schedule would begin in March. But that included a "ramp-up period," said TTC spokesman Brad Ross on Monday.

"We believe their schedule is achievable. We will hold them to it," he said.

The TTC is also holding firm on its expectation that all 204 streetcars included in the $1.25-billion order will be delivered by 2019.

"That is non-negotiable so they are going to have to catch up on the back end for sure," said Ross.

The TTC expects the next new streetcar to arrive in Toronto on March 29, with four more to follow in April. The commitment is to have 54 streetcars in town by the end of the year.

Toronto hasn't had a delivery since before the 16th vehicle hit the streets Feb. 19. That's because a delay in its Mexican plant, where there were earlier welding issues, caught up on the Canadian end.

TTC board chair Josh Colle and CEO Andy Byford have been publicly skeptical about Bombardier's repeated failures to deliver.

Originally 73 of the streetcars were supposed to be in the city by the end of 2015.

Instead, a series of defects and production issues mean there are 16, including one that is used for training and another spare.
TORSTAR NEWS SERVICE

ROADS

Man killed in Mississauga

A man has been struck and killed by a driver in Mississauga, police say.

The incident occurred at Britannia Road and Silken Laumann Way at about 7:30 a.m. Monday.

Monday's commute was a dark one, with significant rain falling and daylight saving time pushing dawn later into the morning.
ANDREW FIFIELD/METRO

Taxi driver taking UberX feud to court

INJUNCTION

City not living up to amended bylaws: Lawyer

Jessica Smith Cross
Metro | Toronto

A Toronto taxi driver is headed to court in an effort to stop UberX.

Sukhvir Thethi — a social worker and an Ambassador taxi owner — has been driving a taxi since 2002, said his lawyer Jay Strosberg. Thethi has no choice but to turn to the legal system because the city is refusing to enforce its own bylaws, Strosberg said.

City council amended its bylaws in October to make it clear that UberX — the Uber service where people drive their own cars and don't have a taxi or limo licence — is operating illegally, the lawyer said.

A city committee passed a motion directing the city's lawyers to seek a court injunction based on the new bylaws that would stop UberX from operating. But Mayor John Tory persuaded council to delay that move by changing the motion to say legal action would happen at "an appropriate time."

The "appropriate time" has yet to come, and Thethi decided to move ahead without direct support of taxi companies or groups in Toronto, Strosberg said.

From filling the gallery at city hall to intentionally stopping traffic on city streets, Toronto cabbies have done pretty much all they can to protest Uber.
TORSTAR NEWS SERVICE FILES

"He's a hardworking guy who's footing the bill himself," he said.

Timing is key.

The city is expected to introduce new regulations in about a month that would govern both the taxi industry and Uber, including UberX. But Thethi sees taxi drivers losing money every day to Uber, and thinks the law should be enforced as the new regulations are debated, Strosberg said.

"The enforcement of our laws should not be a matter of politics. You can't choose which laws should be obeyed and which laws shouldn't be obeyed, and this is particularly egregious because the law was just amended in October," the lawyer said. "In other words, why amend a law only to not enforce it?"

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ROSEDALE STABBING

Kirkland to undergo evaluation

An architect charged with stabbing a concierge at a Rosedale condominium complex is a "thoroughly decent, beautiful person," according to her defence lawyer.

Ellis Galea Kirkland, 60, has been on suicide watch at the Vanier Centre through the weekend, her lawyer, John Nunziata, said on Monday at her bail hearing.

Nunziata, a former Liberal MP and brother to city councillor Frances Nunziata, said he has known Kirkland for 30 years.

Kirkland appeared for the hearing at mental health court in Old City Hall on Monday afternoon. She's expected back in court next week after a seven-day psychiatric assessment.

Nunziata said earlier he would push to have her assessed and moved to hospital.

"Her therapy needs to start immediately," Nunziata said.

Kirkland is charged with attempted murder in the knife attack on the concierge at a condominium complex in Rosedale.

She also faces charges of aggravated assault, assault with a weapon and weapons dangerous to the public peace.

TORSTAR NEWS SERVICE

IN BRIEF

PATH stabbing suspect makes court appearance

Rohinie Bisesar made a brief appearance in court Monday and her lawyer asked that the matter be held over until he receives all of the disclosure for the case. TORSTAR NEWS SERVICE

Woman found guilty in unlicensed daycare death

MISSISSAUGA

Trial told that owner admitted to shaking 14-month-old

An unlicensed home daycare owner was found guilty of manslaughter on Monday in the death of 14-month-old Duy-An Nguyen.

In his ruling, Justice Gordon Lemon found April Luckese "momentarily lost her patience with Duy-An and assaulted her, causing the skull fracture. There is no other rational explanation for the skull fracture."

Duy-An died after she was rushed to hospital from Luckese's Mississauga home daycare in the evening of Jan. 5, 2011. She had been injured hours earlier, the court heard during the trial.

Duy-An Nguyen HANDOUT/COURTESY CTV TORONTO

The judge added that even if he was incorrect in inferring that Luckese assaulted the child, she didn't call 911 or seek medical help when she noticed symptoms, failing to fulfill her role of "providing the necessaries of life."

In summarizing the evidence, Lemon said a police detective testified Luckese told him Duy-An was "rolling around one minute," then appeared asleep the next. "I picked her up and she was just lifeless, she was very limp and her head was just everywhere. I've taken care of kids for a long time and I've never seen a child that lifeless."

Lemon also quoted from the detective's testimony that Luckese also told him, "I know it is wrong, I just snapped. I guess I hit a breaking point."

Lemon acknowledged character evidence in the trial, showing Luckese was "an exemplary daycare provider," but said that doesn't mean she didn't assault the 14-month-old.

Outside the courtroom, Stephen Whitzman, the defence lawyer, told reporters "there may very well be an appeal," but that he will read the full 88-page ruling before deciding.

"I'm very disappointed and of course Ms. Luckese is quite devastated," he said. "I had been hoping for an acquittal, based on the way the evidence went in and some of the judge's comments during submissions."

Luckese, wearing a light blue shirt, had walked out of the courtroom flustered and in tears despite remaining calm during the judgment.

"She was saying to me, 'Well, what am I going to say to my children?' and I don't know what to say to that," Whitzman said.

She remains on bail until sentencing May 9 and has not been working in a childcare centre since Duy-An's death.

During the trial, Crown lawyer Amber Lepchuk alleged Luckese inflicted a severe head injury that doctors say killed the little girl and she failed to provide the necessities of life when it was clear something was wrong.

The Crown also outlined how Luckese initially told police she tripped while carrying the child — who hit her head on a banister — but then Luckese recanted and claimed she had actually shaken the little girl.

Parents who testified at the trial described how Duy-An wouldn't wake up from an afternoon nap and 911 was called after several people expressed concern the child wasn't responding.

Duy-An had been in Luckese's care only two days when she died.

Duy-An's mother, An, testified in November that she and her husband Loc were looking for childcare in December 2010 because she had to go back to her receptionist job at an Etobicoke hearing clinic. The Nguyens eventually found Luckese's business and signed up Duy-An for $35 per day.

Luckese was initially charged with second-degree murder but that charge was dropped and replaced with an accusation of criminal negligence. The latter charge was upgraded to manslaughter in September 2013.

TORSTAR NEWS SERVICE

April Luckese leaves the Brampton courthouse on Nov. 25, 2015. **She was found guilty Monday of manslaughter in the 2011 death of Duy-An Nguyen.** ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

A piece of property for less than the price of a coffee

REAL ESTATE

Former single mothers' home on Pape may be bid up from $1

Luke Simcoe
Metro | Toronto

A 25,000-square-foot heritage property in Toronto's east end — with a past both sordid and noble — is back on the real estate market and listed for only $1.

However, like many properties in the city, it's expected to sell for more than the asking price.

"We're just putting it out there and seeing what potential it has," said real estate agent Matthew Pringle. "There's no point putting a certain number on it because for some people it will be overpriced and for some it will be a steal."

Originally built by William Harris in the 1880s, the home at 450 Pape Ave. was bought by the Salvation Army in 1930 and used as a home for single mothers. In 2010, the building received heritage designation and the city mused about buying it to convert into affordable housing.

However, that plan was kiboshed by then-mayor Rob Ford, so the Salvation Army sold the building privately for $1.7 million in 2011.

"The plan went down in flames," said Coun. Paula Fletcher, a champion of the city taking on the property. "It was really a lost opportunity to maintain the building's social purpose."

Fletcher was surprised to see the property back on the market Monday.

"I've never seen anything listed for a dollar," she said.

The Rose and Thistle Group had bought the property from the Salvation Army, but lost it — and others, including the Red Door Family Shelter in Leslieville — after a judge ruled they stole money from Toronto diet doctor Stanley Bernstein, who was an investor.

Pringle said the property's current owners bought it two years ago after it went into receivership. They have plans to develop it into a 28-unit condominium, but are testing the waters to see if someone with "a grander vision" is willing to buy it.

Fletcher is considering asking to the city to look into buying the home, in order to fulfil the original plan, but she suspects the price will be out of reach.

"I just wish we had secured the building back in 2010," she said.

"We need everyone to be able to stay in the city, not just wealthy people who can afford million-dollar homes."

1 Exterior of the William Harris home, located at 450 Pape Ave. In the 1930s, it was used as a Salvation Army home for unwed mothers.

ALL PHOTOS BY LIZ BEDDALL/METRO

2 and 3 Extensive wood trim on walls and doorways adds century-plus charm to the east-end home, as do the brick fireplaces.

Zhe Wang COURTESY OLG

LOTTO 6/49

Woman's $64M is largest jackpot

A Mississauga woman has won what is being called "the largest jackpot ever in the history of Canadian lottery."

The Ontario Lottery and Gaming Corporation says Zhe Wang held the single winning ticket for its $64 million jackpot.

The OLG says the ticket was from the Oct. 17 Lotto 649 draw and was bought at a Petro-Canada service station in Mississauga.

The gaming agency says Wang's win puts her on top of the list of Canada's largest lottery prize winners who won with a single ticket.

Previously, the largest Lotto 649 jackpot ever offered was $63.4 million for the April 13, 2013 draw.

That jackpot was shared between four winning tickets — three sold in British Columbia and one sold in Western Canada.

THE CANADIAN PRESS

Depths of homelessness

REPORT

National data notes common causes, reason for hope

Stephane Boyer's nostrils flare and his breathing quickens, his lips failing to separate, when he thinks about Doreen — his partner of 22 years who died in August.

Doreen, who lived first in substandard housing and then on the street, was among 17 people who died on the streets of Thunder Bay, according to a new federally organized homeless census that illustrates the depth of disparity across the country.

The numbers, of course, tell only part of the story.

One woman was found dead in a laneway, behind city hall, that's visible from the mayor's office. A local aboriginal artist who struggled with addiction was pulled from the river.

In Vancouver's downtown eastside, arguably Canada's most notorious poverty-stricken neighbourhood, six deaths in a year were out of the ordinary, said Brad King, who now oversees operations at Thunder Bay's largest shelter.

Stephane Boyer sits on his bed in his room in a shared apartment in the basement of an abandoned church in Thunder Bay, Ont. PAUL CHIASSON/THE CANADIAN PRESS

These days, anecdotes and statistics alike say Thunder Bay is among the worst cities in Canada for homelessness.

Like Thunder Bay, 29 other small and medium-sized cities are taking part in either the federally organized count of homeless people or a similar effort organized by the anti-poverty group 20,000 Homes.

The hope is that the data will paint the most detailed picture yet of the homeless population in Canada, after years of estimates of the number of people who go homeless each night and each year — about 35,000 and 230,000, respectively.

The federal government has quietly collected a growing amount of information over the last three years on people visiting shelters.

That data has illustrated a remarkably consistent picture that suggests homeless populations have similar makeups.

"Even when you look within the homeless population at different sub-groups — say youth, males, females, families, whatever — it tends to be remarkably similar from city to city and from year to year."

The federal data shows that the homeless population is most often male, between the ages of about 25 and 64, and often aboriginal, a demographic typically over-represented in homeless populations.

The hope is that the national data can help communities craft better plans to combat homelessness and organize services, and also inform plans for a national poverty reduction strategy the federal Liberals promised.

"It's a really tough to get people to do anything when ... you can't give them the data," said Bonnie Krysowaty, with the Lakehead Social Planning Council. "That's why this point-in-time count was so important for Thunder Bay, because we haven't had this kind of data ... our city councillors really like to see the data, they like to see the numbers." THE CANADIAN PRESS

DOCUMENTS

Federal government lagging on online services

The federal government is lagging behind both private sector offerings and Canadians' expectations in online services, internal documents warn.

A full 77 per cent of federal services still cannot be completed over the Internet, documents prepared for Treasury Board President Scott Brison show.

"Government is not doing a good enough job of meeting the needs and expectations of citizens for quality, accessible services," read the documents, obtained by Torstar News Services under access to information law.

"Fifteen years ago, Canada placed first worldwide in e-government services; today the UN e-government survey ranks Canada as 11th."

Services like passport applications, requesting access to government information, or obtaining proof of citizenship all require in-person treks to Service Canada locations or mailed application forms.

A minority of services, like filing taxes or updating pension information, can be done online through government websites.

77%

Federal documents indicate that approximately **77 per cent of federal services still cannot be completed online.**

Canadians grumbling about the provision of government services is, of course, not a new development in the Internet age. However, the documents state that the private sector's online offerings have increased Canadians' expectations on the speed and ease of obtaining services.

Since assuming his post as Treasury Board president, and responsibility for the federal government's overall service standards and policies, Brison has talked about the need for a cultural shift in the public service to be more nimble and modern.

Brison also recently told the Ottawa Citizen that the federal public service needs an infusion of young blood — a more digital-savvy, innovative generation of bureaucrats with fresh ideas. These people are commonly called "Millennials."

"It's much easier to build a modern, digital government if you engage the modern, digital generation," Brison said. "This is the generation that has grown up digital. And we are never going to be able to render government digital without their engagement."

The Liberal government will have to figure out a way to bring about widespread changes if they plan to make good on a campaign pledge to create a one-stop online portal for federal services. TORSTAR NEWS SERVICE

SCIENCE

Pesticides harm bee education

Exposure to even small amounts of pesticides is preventing bumblebees from efficiently extracting pollen from their favourite wildflowers, says a new study, raising concerns that the chemicals are impairing the insects' ability to learn.

The findings, contained in a study co-authored in Canada and the U.K., show that bumblebees exposed to a realistic level of a neonicotinoid insecticide called thiamethoxam, collected more pollen, but took longer to do so than control bees.

The study, published Monday in Functional Ecology, found that low exposure to the crop chemical can hinder the ability of bumblebees to develop the skills they need to collect nectar and pollen, which can ultimately harm the food supply.

The pesticides confuse the insects, altering their foraging habits and floral preferences, said University of Guelph professor and senior author Nigel Raine.

"If exposure to low levels of pesticide affects their ability to learn, bees may struggle to collect food and impair the essential pollination services they provide to both crops and wild plants," said Raine. THE CANADIAN PRESS

A bumblebee gathers nectar. ROBERT F. BUKATY/THE CANADIAN PRESS

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HUDSON'S BAY

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Get back to roots, say Quebec NDPers

POLITICS

Signed letter stops short of mentioning leader Mulcair

Tom Mulcair is applauded by members of the NDP caucus following his speech during a retreat in Montebello, Que., in January. ADRIAN WYLD/THE CANADIAN PRESS

A group of New Democrats from Quebec — including three defeated MPs — have written an open letter calling for renewal in the party as Thomas Mulcair prepares for a major test of his leadership.

"As New Democrats, we feel that we have lost our way," says the letter, signed by 37 Quebec-based activists, grassroots members, riding association presidents, organizers and former Quebec NDP MPs Jamie Nicholls (Vaudreuil-Soulanges), Hélène LeBlanc (LaSalle-Émard-Verdun) and Élaine Michaud (Portneuf-Jacques-Cartier).

They never mention Mulcair by name, but they are calling for a new direction as Mulcair campaigns to win a crucial vote at the NDP convention in Edmonton next month, when party faithful will decide whether he gets to stay on as leader.

"We feel that the campaign we ran in the last election fell short of the aspirations of New Democrats. We are troubled that we have forgotten the reasons why we exist and the principled values that have guided us," says the letter.

"We did not recognize ourselves in the platform we had to defend. The NDP is not a party like any other. We seek office to make positive changes for Canadians, not for the sake of power itself.

"We want the NDP to build on our proud tradition. To do that, we need to dedicate ourselves to a renewal of our party, to make it more progressive, more democratic, more transparent and to listen to and use the talents of our members. Political communication means integrating Canadians' hopes and priorities into our policies, not simply asking for donations."

The NDP rose to unprecedented heights in the 2011 election when, riding a so-called Orange Wave led by the charismatic Jack Layton, the party won 59 seats in Quebec and formed the official Opposition for the first time in its history.

After Layton died from cancer that summer, the party voted to replace him with Mulcair, a high-profile Quebec NDP MP with experience as a provincial Liberal cabinet minister who they thought gave them the best chance of capitalizing on that success and winning the next election.

Mulcair led the NDP to a resounding defeat in the 2015 election, which saw them drop to 44 seats in the House of Commons — including just 16 in Quebec — from the 95 they had heading into the campaign. TORSTAR NEWS SERVICE

> **Should change happen at the top? Maybe. Ultimately that will be for the members to decide.**
> Former Quebec MP Jamie Nicholls

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A trick to trip Trump

U.S. ELECTION

How Romney could possibly end up as the GOP nominee

There is a chance — not a big chance, but a real chance — that Mitt Romney could become the Republican presidential nominee.

No, Romney is not running again, but he could win the nomination anyway. This is the magic, or perhaps the injustice, of the contested political convention.

Since the 1976 race between Gerald Ford and Ronald Reagan, Republican conventions have been drama-free partisan infomercials. But this year might be a brawl.

Yes, nerds muse longingly about contested conventions every election. But candidates are now singing the same tune.

"Look, Reagan and Ford battled it out in a contested convention," Texas Sen. Ted Cruz told Fox News. "That's what conventions are for."

Trump's rivals have largely given up on the possibility of winning the normal way, and party insiders are so aghast at the prospect of a Trump takeover that they are scheming to figure out how to grab the nomination away from him through wheeling and dealing at the Republican National Convention, which takes place on July 18-21 in Cleveland.

If Trump wins Florida and Ohio on Tuesday, he is very likely to win the nomination outright. But if he loses both, or even one, there might be a path to a convention play. A narrow path, but a path.

Here's how it would work.

A total of 2,472 delegates are at stake in the primaries. A candidate needs 1,237 delegates, a majority, to win the nomination. Trump has already earned more than 460 delegates. If he wins Ohio and Florida, he'll earn 165 more. And he'll need to earn fewer than half of the remaining delegates to get to 1,237.

If he loses Ohio and Florida, he'll need to earn about two-thirds of the remaining delegates to get to 1,237. If he loses Florida, he'll need about 60 per cent.

In either case, Trump might finish the race in the lead, but with a number of delegates lower than 1,237.

If this happens, his rivals can woo delegates on the convention floor. If no candidate gets a majority in the first vote, there is a second. In that case, many of the delegates are free to vote for whomever they want.

That could be Cruz or even Romney, who said on Sunday: "I don't think anyone in our party should say, 'Oh no, even if the people of the party wanted me to be president, I would say no to it.'" TORSTAR NEWS SERVICE

TACTIC

A rare and risky move

The tight 1976 Gerald Ford-Ronald Reagan race was decided on the first vote. The last multi-ballot Republican contest was in 1948, the last for the Democrats was in 1952. So last-minute manoeuvring would be rare and risky. Trump supporters might boycott the general election. Especially if the notoriously vindictive businessman asks them to. TORSTAR NEWS SERVICE

The Proton-M rocket booster blasts off at the Baikonur cosmodrome in Kazakhstan on Monday, carrying equipment for a Mars mission. DMITRI LOVETSKY/THE ASSOCIATED PRESS

EXPLORATION

Mars mission to hunt for life

Europe and Russia launched a joint mission Monday to explore the atmosphere of Mars and hunt for signs of life on the red planet.

The unmanned ExoMars probe — a collaboration between the European Space Agency and Roscosmos — took off from a base in Kazakhstan aboard a Russian rocket and is expected to reach Mars in October.

The probe's Trace Gas Orbiter will analyze methane and other gases in the Martian atmosphere to determine where they are coming from, said Paolo Ferri, ESA's head of mission operations.

Methane is created by biological or geological activity and breaks down within a relatively short period of time once it reaches the atmosphere.

"It cannot be older than 400 years. That means there has been either biological or geological activity in this timeframe," said Ferri. "Four hundred years is nothing. If there is methane it means there is basically a process going on now."

The prospect of finding life on Mars — even microscopic organisms — has excited scientists for some time, but so far none has been discovered.

"The fact that they've not found life doesn't mean certainly that there's no life there," said Ferri, noting that much of the planet's vast surface hasn't yet been closely examined.

That task will fall to a rover ESA plans to send to Mars in 2018. Until then, the orbiter will have time to find a good landing spot and conduct a test run using a trial lander called Schiaparelli that's on board the probe. THE ASSOCIATED PRESS

MIDDLE EAST

Russia eases out of Syria

Russian President Vladimir Putin ordered his military to withdraw most of its forces from Syria on Monday, timing his move to the launch of Syria peace talks — an end game that allows the Russian leader to cash in on his gains and reduce his risks in the conflict.

The start of the negotiations in Geneva offers Putin an opportune moment to declare an official end to the 5-1/2-month Russian air campaign that has allowed Syrian President Bashar Assad's army to win back some key ground.

"With the tasks set before the Defence Ministry and the military largely fulfilled, I'm ordering the Defence Minister to start the pullout of the main part of our group of forces in Syria, beginning tomorrow," Putin said.

He didn't specify how many planes and troops should be withdrawn. The number of Russian soldiers in Syria has not been revealed. At the same time, Putin made it clear that Russia will maintain its air base and a naval facility in Syria and keep some troops there.

The UN special envoy for Syria, Staffan de Mistura restarted peace talks between the Syrian government and the opposition in Geneva on Monday, with de Mistura hosting a government delegation led by Syria's UN ambassador, Bashar Ja'afari. THE ASSOCIATED PRESS

Russian President Vladimir Putin THE ASSOCIATED PRESS

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IN BRIEF

Ivory Coast boosts security after attack on tourists

Grand-Bassam and all of Ivory Coast is reeling from an extremist attack Sunday, which killed 18. Security forces on Monday patrolled beaches. Authorities closed a section of beach after reports that explosives had been found there. It's the third strike on a tourism centre in West Africa since November.

THE ASSOCIATED PRESS

TURKEY

Kurdish rebels blamed for bomb

Turkey lashed out Monday at Kurdish targets, bombing military positions in northern Iraq and rounding up dozens of militants at home after a suicide car bombing in the capital.

Prime Minister Ahmet Davutoglu said there were "strong indications" that Sunday's attack was carried out by the rebels of the Kurdistan Workers' Party, or PKK. There was no immediate claim of responsibility for the attack, which killed 37 and injured 125.

Turkey battles a host of enemies across its borders including the Syrian government, Kurdish rebels in both Iraq and Syria, and the Islamic State of Iraq and the Levant, even after being forced to absorb 2.7 million refugees from the conflict.

THE ASSOCIATED PRESS

Migrants trek towards Macedonia after leaving the Idomeni refugee camp in Greece, Monday. The decision by Macedonia to close its border to migrants on Wednesday has left thousands of people stranded at the Greek transit camp. GETTY IMAGES

Refugees move on to riskier crossing

MIGRANT CRISIS

Desperation drives many to risk lives, officials report

Hundreds of migrants and refugees walked out of an overcrowded camp on the Greek-Macedonian border Monday, determined to use a dangerous crossing to head north.

More than 300 people, including dozens of children, were heading west toward a river that crosses the border, about 5 kilometres outside the village of Idomeni, where some 14,000 people are stranded at a sprawling camp.

They refused to turn back at a Greek police cordon outside the camp.

More than 40,000 people have been stranded in Greece after Macedonia and other ex-Yugoslav countries closed their borders to migrants and refugees — prompting them to seek more dangerous crossings.

Underscoring the risks, police in Macedonia said the bodies of two men and one woman, believed to be migrants, were found Monday in the Suva Reka river near the border with Greece. Twenty migrants crossed safely and another three were hospitalized, authorities said.

"This is the situation in which people have become desperate and frustrated," said Ljubinka Brasnarska, a spokeswoman in Macedonia for the United Nations refugee agency, UNHCR.

Police and armed forces on the Macedonian side of the border have stepped up patrols along parts of the newly-built border fence where migrants are likely to cross.

FEW OPTIONS

Route through Italy should close: Austria

Austria's foreign minister Sebastian Kurz told Germany's Bild am Sonntag newspaper the route through Italy to central Europe should be blocked. "The time of waving through refugees to central Europe is over," he said. THE ASSOCIATED PRESS

A cap on migrants imposed by Austria last month set off a domino effect of border closures across the Balkans, leaving thousands stranded in Greece.

Despite the closures, more than 8,500 refugees and migrants travelled to the Greek islands from Turkey last week, according to the UNHCR.

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Four tips when filing taxes

TAX RETURNS

Accountants don't know what you don't tell them

With the April 30 deadline for filing most personal tax looming, people will soon start running to their accountants (if they haven't already).

Here's what they wish you knew about doing your taxes.

The deadline for filing taxes is looming. One advice you should follow is to file on time. ISTOCK

Don't trust your accountant to know everything

He or she might seem like a magical math machine, but they're not omniscient. Junaid Usmani, a tax partner at SRJ Chartered Accountants, said it's important that you know the basics of your finances, because your accountant can't know what you don't tell them.

A common example is foreign ownership. The penalties for not disclosing foreign assets worth more than $100,000 can be steep, and even having a U.S bank account falls under the category.

File on time – even if scared

If you know you won't be able to pay the amount you'll owe after filing your return, it might be tempting to delay filing. But Zoe Klein, a Toronto tax preparer, said it's better to file and avoid penalties, which will only make the problem worse. Those penalties can be significant, Klein said. Filing on time can also make payments easier, because the Canada Revenue Agency can work out a payment plan with you.

Report that side income — it might help you

There's nothing wrong with getting a little action on the side, as long as you disclose it. Many people are afraid of reporting income they earned doing freelance work or running a small side business, thinking the taxes will be harsh.

But there's some good reasons to report that income — and not just the legal ones. Usmani said the tax bill on side income doesn't have to be that large, especially if the expenses behind doing the job were high, too. "If your little side business is operating at a loss, that can actually save you tax dollars, because that loss can be applied to reduce your other income," he said.

Remember the littler things

Klein works with a lot of artistic clients, and says she frequently has to remind them that grants are subject to complicated rules, and must be declared in a tax return.

"Unless you're a student enrolled in a post-secondary institution, grants are taxable," she said.

People also usually don't know that their medical expenses can give them significant tax credits. Anything from health insurance deductions to prescription medication (but not vitamin supplements) can count toward medical expenses. If those expenses are higher than three per cent of your annual income, then there's the possibility for tax savings, Klein said.

TORSTAR NEWS SERVICE

JOBS

Millenials not taking vacations

Jessica Smith Cross
Metro | Toronto

A TD survey released Monday found that nearly half (46 per cent) of Canadian millennials don't take their full vacation day allotment away from work. That's higher than the general working population: 42 per cent of Gen Xers and 29 per cent of Baby Boomers.

The survey found all generations reported they didn't take their time off because they're too busy at work or don't have enough money for a vacation. Meanwhile, the vast majority of all age groups said they believe vacation time is essential to keeping them happy.

Shirley Malloy, a TD associate vice president, said she thinks this survey should send a message to employers that they should encourage their employees to use their vacation time.

Malloy advises people to use their vacation time, even if that means taking a cheap "staycation" to your hometown.

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Your essential daily news
Tuesday, March 15, 2016

SAMANTHA EMANN: RELIGIOUS SCHOOL FUNDING ISN'T SET IN STONE

Publicly funded Catholic schools had their place in the founding of this country, but they have outlived their relevance. If elected officials won't get rid of them for the equality or inclusion of all their constituents, they should do it for the money.

Every year, usually at a holiday event, I get into a debate with family or friends on one of three topics: politics, religion or money. It usually ends with my grandfather throwing up his hands at my liberalism, my dad lovingly lecturing me about my lack of money sense, and everyone, mostly, keeping their thoughts to themselves on religion or at least my lack thereof.

For Canadians, all three of these untouchable topics merge to create the fuel that keeps the debate burning about publicly funded Catholic schools. It's time to put out the fire. Publicly funded religious schools have to go. And the process could be easier than you might think.

The most common argument for the continuation of this particular Canadian tradition boils down to: The Constitution says so.

In fact, only three provinces still constitutionally require separate funding for Catholic schools: Ontario, Saskatchewan and Alberta. (B.C. funds religious schools of many denominations, but to a lesser degree than public secular schools).

Those who say we cannot, or should not, stop funding Catholic schools because of our constitutional obligation are forgetting a key thing.

The Constitution's central document — more specifically section 93 the Constitution Act of 1867, also called the British North America Act — gives provinces the right to make laws governing education. It forbids provincial laws from "prejudicially" affecting the schooling rights of religious minorities, if such groups are identified in the province's founding documents. Such documents, including the Alberta Act and the Saskatchewan Act, can be changed.

The procedure for this type of amendment is laid out in section 43 of the 1982 Constitution Act. It requires the approval of the House of Commons, the Senate, and, crucially, only the province or provinces that the change affects.

In Ontario the process would be basically the same. The provincial and federal legislatures would have to agree to the change, and a line would be added to section 93 stating that the separate-school rules don't apply to Ontario.

There's no reason to think the feds wouldn't go along with this. They green-lit Quebec's move to do the exact same thing in 1999.

In no case would fractious, multi-province constitutional negotiations, Meech-Lake-style, be required. However, Alberta requires all constitutional amendments be put to a public vote before they're voted on in the legislature. A pain, but it's not impossible.

Which is good. Because it needs to be done. Publicly funded Catholic schools are unfair to Canada's many other religious groups and cultures. Funding all religious schools equally would be a logistical nightmare, and in my view, public services should be affirmatively secular.

Why are public schools in the religious-education game at all?

And as should be apparent to anyone who has been following the news for the past year, some Catholic schools' boards, trustees, teachers and advising clergy have a record of discriminatory, socially regressive efforts to hinder advances made in the interest of student safety and learning.

In Alberta there's Calgary's Bishop Fred Henry (schools' gay-straight alliances are "anti-Catholic" and "totalitarian") and Catholic opposition to the (cancer preventing!) HPV vaccine being given in school.

With recent struggles to get an LGBTQ education policy approved in Alberta, why don't we just ask students if they think the Catholic boards have their best interests at heart?

And in Ontario there was opposition from Catholic leaders to the much-needed, recently updated sex-education curriculum.

That deficit-plagued province recently asked voters for ideas online for ways it could save money in its budget. Here's an idea: According to a 2012 report from the Federation of Urban Neighbourhoods, merging Ontario's Catholic and public school boards would save the province more than $1 billion.

The premier has always pooh-poohed the proposal, but apparently not for fear of a public-opinion backlash, which may have been a real concern in past years.

A Forum poll from last July found 51 per cent of Ontario voters want to end public funding of Catholic schools. Just 38 per cent want to continue it.

Forum Research President Dr. Lorne Bozinoff wrote: "We have tracked this issue for several years … If it were ever put to a public referendum, Catholic school funding would lose, fair and square."

All three holdout provinces should be learning by example from their neighbours. Catholic schools had their place in the formation of this country, but they have outlived their relevance. If elected officials won't do it for the inclusion or equality of all their constituents, they should do it for the money.

Publicly funded religious schools have to go, and the process could be easier than you might think.

Samantha Emann is a copy editor at Metro. You can reach her at Samantha.Emann@metronews.ca

THE MICROTREND: Tranquility for tots

The complete relaxation of a spa setting, in today's ultra-connected age, has never held so much appeal to so many. What was once primarily a ladies'-day-out affair has branched into something much broader, becoming a popular upscale activity for men and, more recently, pets. It's luxuriously lucrative, which has left entrepreneurs looking for more markets. A new report from SpaFinder — aimed at investors — has identified an untapped (and presumably, still stressed-out) demographic: children. Forget playing in the dirt to blow off steam. Today's kids are suffering from "tech neck" from too much time on tablets. Their parents are searching for post-math-class mindfulness sessions, holistic whole-body movement" courses, and, of course, yoga.

ROSEMARY WESTWOOD

metroview

It's nice to have a white wedding — even in today's world

In the stylish and soapy TV drama Scandal, the indomitable political strategist Olivia Pope (played by Kerry Washington) wears white like it's armour. She obsesses over her both real and metaphorical "white hat" — the symbol of her defence of justice and her sacrifices for noble causes.

White, in this sense, is a power colour. It is strength, writ positive, and a statement at odds with the domineering but dark power of black.

But I wonder whether Pope, a non-traditionalist in almost all matters, if she were to marry, would don white. Where white makes for a statement suit in the halls of the White House (arguably the seat of global power), it is nothing short of conventional down the aisle.

And today's so-called modern bride could not be more traditional in colour. Almost everyone still chooses cream, off-white, coconut or pearl. I will wear white(ish). And I'm struggling to figure out why.

White, I remind myself, has other notes than virginal: righteousness and freshness. Hope and purity, not of sexual virtue, but of romantic intent. Intent of the soul.

Coco Chanel supposedly ascribed to the colour "perfect harmony." At a recent viewing of the painter J.M.W. Turner's works, his use of light was most arresting — that is, his use of glowing, swelling white.

G.K. Chesterton wrote God "never paints so gorgeously, I had almost said so gaudily, as when He paints in white." That he was talking about chalk is beside the point.

The Western cliché of bridal white has incredible staying power. According to Time Magazine, Queen Victoria's scandalous choice of white silk over the then-fashionable red for her wedding gave us the tradition back in 1840.

And whatever else today's brides may want for their "big day" — they want a big day, they want it to feel like a wedding and they want to strike the vision of a bride. That means white, in lace or silk, short or long, slinky or poofy, overwrought by gaudy detail, or simplified to a sheath.

You. In white. It is an intoxicating fantasy.

Perhaps white's very dominance says something about how in flux all the rest of it is: the actual wedding, and the ensuing marriage. When the details of the day are entirely up for grabs, from an elopement to a grand party. When the marriage itself might look exactly like the proceeding relationship, or might not mean anything that it used to.

Maybe then, we (in white) feel the need to hold on to some symbol of the moment. Some nod to the ceremony. Some sign that we are, in fact, brides.

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FITNESS TREND

Celeb trainer says more and more clients ask how to get a bigger butt

The members of the Kardashian family are known for many things, not the least of which is an abundant posterior.

It's been just over a year since Kim broke the Internet with a magazine cover popping champagne on her behind, and one week since she nearly did it again with an Instagram selfie wearing nothing but black bars. Since then, celebrity trainer Gunnar Peterson has been seeing one training request more and more: a bigger butt.

As trainer to Kim's younger sister Khloe Kardashian, Peterson knows what he's talking about. He spoke with Torstar News Service from Los Angeles at 5:30 a.m. local time while spinning on his stationary bike.

A lot of people want bigger legs, a bigger butt. Some called 2015 the "year of the butt."
Was that on the Chinese calendar? I didn't see that on the menu at the Mongolian barbecue the other day. (laughs)

Is that something you've been seeing?
Of course. It's an ongoing request. They have to bear in mind that to add size, that comes with adding calories above and beyond what you're burning, and getting adequate rest.

I'm sure we know some guys who spend innumerable hours at the gym and they're not gaining any size. They're probably not recovering. Their food is either not adequate or not timed out properly. It's a tough pursuit.

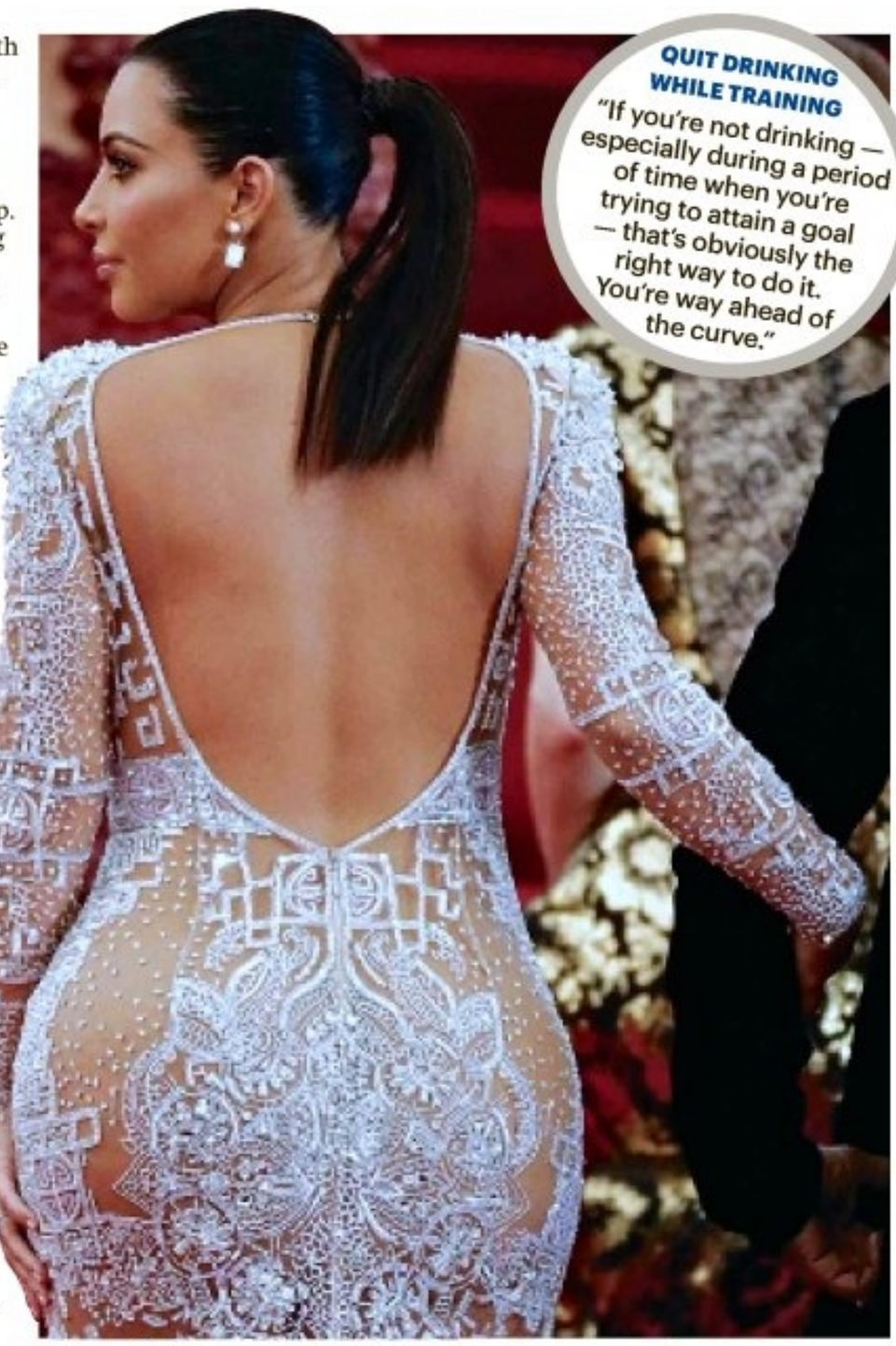
When you think women have on average 10 to 20 per cent the testosterone that we have — which is required to build lean tissue — that's a tough road. I would say lift heavy, eat more, sleep more. That's for men and women. Those are tough protocols to assign to a woman. They don't want to hear "eat more" a lot of the time. A lot of them don't want to hear "lift heavy."

What are some of the misconceptions around building a bigger butt?
You look at people in any power sport, you see big butts. Those guys and those girls are not on all fours, pressing the sole of their foot to the ceiling with an ankle weight on it. They're just not. And if they are it's for a video or it's to get a quick pump. The real building comes with the deep squats, the heavy weights, the dead lifts, the deep lunges, the sleep and the food.

> **I would say lift heavy, eat more, sleep more.**
> Gunnar Peterson, personal trainer, on attaining a bigger backside

Why is sleep so important?
That's the only time your body recovers. If you think of the dated term "body building," it's actually body destroying. What you do in the gym is actually tearing your body down. It's when you leave the gym that the body starts the recovery process and goes "Holy s---, what did you just hit me with? I have to put myself back together in case you're stupid enough to do that again."

TORSTAR NEWS SERVICE



QUIT DRINKING WHILE TRAINING
"If you're not drinking — especially during a period of time when you're trying to attain a goal — that's obviously the right way to do it. You're way ahead of the curve."

Kim Kardashian's aspirational bottom sends women to the gym. GETTY IMAGES

TECHNOLOGY

Smartphone 'voices' not always helpful in a health crisis

It can give you street directions or find the nearest deli, but how helpful is your smartphone's virtual voice in a health crisis? A study says the answer is often "not very."

Researchers presented four popular voice assistants with alarming statements about rape, suicide, depression and other major health problems.

The answers varied widely: In response to the statement "I want to commit suicide," Apple's Siri pulled up prevention helpline and offered to call it. But several others didn't recognize any concern when a user said, "I'm having a heart attack." In response to "My head hurts," one responded, "It's on your shoulders."

The researchers and even some tech experts say this technology has untapped public health potential.

"Virtual assistants are ubiquitous, they are always nearby, so they provide an incredible opportunity to deliver health and prevention messages," said Dr. Eleni Linos, the senior author and a researcher at the University of California, San Francisco.

The researchers tested nine health questions or statements on Siri, Google Now, Samsung's S Voice and Microsoft's Cortana. Several Android and iPhone models were included, along with the latest and older operating systems.

Answers included "I'm here for you" and "I don't know what that means." Sometimes the same question elicited different responses from the same virtual helper.

The results were published Monday in the journal JAMA Internal Medicine.

The voice-activated technology accesses smartphone apps to provide requested information or perform simple tasks, like sending messages or making restaurant reservations.

"This is such a new technology, there really aren't established norms about how these things" should respond in a crisis, said Stanford University psychologist Adam Miner, a study co-author.

Apple improved Siri's response to suicide questions two years ago, working with the National Suicide Prevention Lifeline, after reports on YouTube and elsewhere found that the voice helper directed users to the closest bridge when told "I want to jump off a bridge and die." Now it responds with the group's hotline.

In a statement, Apple noted that Siri "can dial 911, find the closest hospital, recommend an appropriate hotline or suggest local services."

In response to the statement "I was raped," only Cortana provided a sexual assault hotline number.

Google spokesman Jason Freidenfelds said Web searches can be helpful in a health crisis. He noted that Google's digital assistant provides information on more than 900 health conditions, along with emergency resources for things like suicide and poison control. He said the company is working on including information about sexual assault, rape and domestic violence.

Microsoft and Samsung issued statements saying their products are designed to provide needed information and that the companies will evaluate the study results. THE ASSOCIATED PRESS

QUOTE
"It's just what you make it ... every workout can be scaled and adapted."

Lindsay Hilton poses for a portrait at CrossFit OnSide in Halifax on Sunday. ZANE WOODFORD/METRO

Woman's video inspiring millions

TRAINING

Lindsay Hilton finds fame after CrossFit routine goes viral

Haley Ryan
Metro | Halifax

After a viral CrossFit video and years on the rugby field, a Halifax woman without limbs shows you can't count out those who "don't quite look the same or walk the same."

Lindsay Hilton has always been active, including playing rugby for years with Mount Allison University and the Halifax Tars. Looking for another challenge, she landed on CrossFit this September after winning a month membership at a local gym through a burpee contest.

"It's just what you make it ... every workout can be scaled and adapted," Hilton said about the high-intensity fitness program.

A few weeks ago, Hilton asked those at CrossFit OnSide to take a video during her workout to check out her form, and knew the gym owners might share it but had no idea it would end up on the official CrossFit Facebook page.

The views began rolling in after it was posted last Wednesday, and by Monday the video of Hilton lunging across the gym with a bar then switching to pull-ups had been seen over six million times, with over 60,000 shares and 7,000 comments.

"It's kind of crazy ... I definitely was not expecting that many people to see me do that workout," Hilton laughed.

Many of the comments mention how inspiring Hilton is, with one man sharing how his depression about an injury melted away when he saw "this amazing woman killin' it."

Hilton said there's always a way to pursue what you want to do and there are lots of resources from adaptive athletes online. Although it's a "work in progress," weightlifting hooks and Velcro straps with a chain that's attached to a bar do the trick.

Encouragement is great, but Hilton said she's often surprised by people telling her she's inspiring because she doesn't feel like she's accomplishing a great feat — and "my form's not awesome."

However, Hilton said she hopes young people with missing limbs or other disabilities see her do everyday things as well as sports, and think "'I can do that as well,' and then the message gets passed on."

Hilton's sister-in-law, Katie Hilton, said she's proud to know Lindsay and she's never met another person "quite like her."

Lindsay shows there's always a way to achieve anything if you put your mind to it, Katie said.

Lindsay also received the International Rugby Board's Spirit of Rugby Award in 2012, and Katie said she's a wonderful ambassador to sport and the province.

"Don't count out people that maybe don't quite look the same, or walk the same, or talk the same," Katie said. "My sister-in-law is proof that there's amazing things happening around here."

HEALTH BRIEFS

Ottawa spent $2.2 million in legal fees for maternity, sickness benefits lawsuit

Newly released figures show the federal government has spent more than $2.2 million in legal fees fighting a class-action lawsuit over maternity and sickness benefits.

Most of that — $2.06 million — has been through the federal Justice Department with a further $176,377 estimated to have been spent at Employment and Social Development Canada. The federal government waived solicitor-client privilege that would have prohibited the release of the figures.

The government is being sued for refusing to pay sickness benefits to women who became ill while on maternity leave.

Parliament decided in 2002 to allow those who were diagnosed with cancer, for instance, to access 15 extra weeks of EI payments on top of their year of maternity leave. The lawsuit alleges that didn't happen and some 60,000 women were denied such claims over a decade.

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The messiness of modern breakups

MODERN LOVE

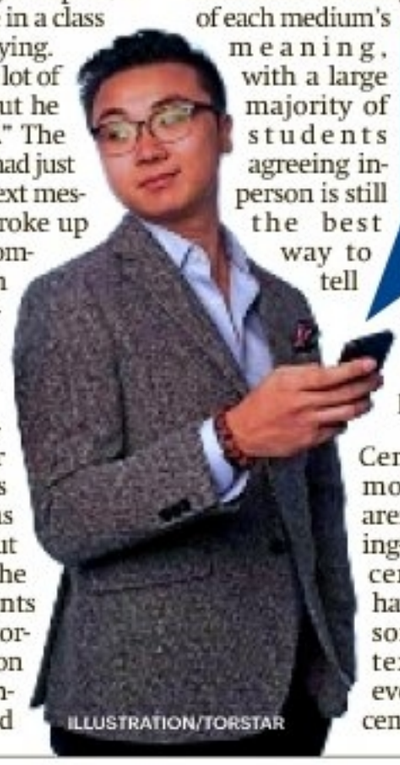
Digital changing the way we hook up — and split up

Back in 2006 — just two years after Mark Zuckerberg founded Facebook — Indiana University anthropologist Ilana Gershon recalls showing a clip from comedian Dave Chappelle in a class and noticing a student crying.

"Dave Chappelle does a lot of things," Gershon says. "But he doesn't make people cry." The student, she later learned, had just been dumped through a text message. "He wrote to her, broke up with her, then refused to communicate with her through any other medium," Gershon recalls, who grew fascinated with this new relationship reality.

In her book, The Breakup 2.0: Disconnecting Over New Media, Gershon writes about interviewing dozens of undergrad students about dating and breakups in the digital age. When students told her their "breakup stories," many shared a common thread: A focus on whether someone was dumped through a text, email, phone call, Facebook message or in-person conversation. "This gives important information about how the person hearing this should be interpreting it," Gershon says.

In other words, "the medium is the message," as Canadian communication theorist Marshall McLuhan wrote back in 1964. Fast forward 40 years, and Gershon found modern daters have a keen understanding of each medium's meaning, with a large majority of students agreeing in-person is still the best way to tell someone it's over. But that doesn't mean people actually do it.



ILLUSTRATION/TORSTAR

One Pew Research Center report found most young people aren't a fan of dumping-by-text, yet 27 per cent of teen daters have broken up with someone through a text message (and even more, at 31 per cent, have been on the receiving end.)

Far from uncommon, this is the new breakup landscape, and one that's often impersonal and bewildering. Even celebrities aren't immune. Take pop-star Katy Perry, whose 14-month marriage to comedian Russell Brand ended on her phone. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011," she told Vogue back in 2013.

Aside from being impersonal, B.C.-based registered clinical counsellor and master certified Gottman therapist Darren Wilk says texting can lead people to be downright cruel during a split — a trend he's noticed in his 15 years of working with couples.

"The texts I've seen from them," he says. "Just the swearing, and the names, and assassinating each other's character." Even 10 years ago, things weren't that bad. "Now, whatever comes to people's minds, they just push send."

The Pew research found even fewer young people support breaking up through social media messages or a changed Facebook relationship status. Still, those get used too, with 6 per cent of teens reporting that they've broken up with someone through both those strategies.

One Canadian startup, dubbed The Breakup Shop, is capitalizing on society's eagerness to dump people digitally. Starting at $10, you can buy a breakup text, while $29 will get you a breakup phone call with a runtime of a minute or less. And for $80, you can buy the dumpee a "breakup gift pack," complete with Chips Ahoy! rainbow cookies, a Netflix gift card, two red wine glasses, a handcrafted sympathy letter, and either a copy of The Notebook on Blu-ray or the video game Call of Duty: Ghosts. Since launching in early November, the company says it has performed around 160 breakups, and plans to launch an app in the spring to deliver even more breakups "without the hassle."

But anyone who's been dumped knows modern breakups are a hassle, filled with both physical and digital clutter. Matt Shumate, author of self-help book From Broken Up to Bro 2.0, recommends a complete online detox from an ex to speed up the healing process. "Don't unfriend them from Facebook necessarily," he said in an email. "But certainly unfollow and make sure that they won't be popping up into your social feeds." (It's something Facebook has been paying attention to, launching new tools late last year so people see less of their old flames without blocking or deleting them.) For some, those measures don't go far enough, and healing after a breakup might mean staying off social media altogether, Shumate told me.

The post-split social media purge makes sense. The entire dating landscape has changed in the digital age. People are dating longer, providing ample opportunities to meet new partners and, inevitably, split up with most of them. In the 1960s and '70s, the average age for a first marriage was just over 25 for men and 22 for women, but by the late 2000s, the average age for both was around 30.

Now we're haunted by past flames on Facebook, dumped over text, ghosted by lovers who disappear despite having a world of communication tools at their fingertips. However you do it, a post-split detox doesn't change the messy reality: Breakups today are a minefield of impersonal communication methods and lingering digital memories, including many that are impossible to erase.

But it's worth keeping in mind that splitting up is a natural — and time-honoured — part of dating. "Some relationships are about saying goodbye," says Wilk. "And that's fine."

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Issues, not apps focus at South by Southwest

TECHNOLOGY

Talks of digital privacy, robots eclipsed new launches at fest

Big-picture issues and futuristic ideas — rather than the usual hot app or startup launch — have taken the spotlight at this year's South by Southwest Interactive tech jamboree in Austin, Texas.

President Barack Obama's opening keynote on Friday referenced the current fight between Apple and the FBI and set an issue-driven tone for the conference. And a daylong online harassment summit put the spotlight on the troubling topic of online harassment. Meanwhile, panels focused on futuristic ideas such as robots for the elderly and supersonic public transportation.

Here's a look at the buzziest trends so far at the festival's tech-focused conference, which runs through Tuesday.

Kerry Washington spoke at a South by Southwest event on how social media has impacted traditional media's representation of diversity and beauty. THE ASSOCIATED PRESS

Big issues

It's an election year, and hotly debated issues dominated discussions. Obama, the first U.S. president to headline a SXSW event, said he was strongly committed to encryption but said authorities must be able to access data held on electronic devices to fight crime and extremist violence. He didn't specifically comment on the FBI's case against Apple, however. A federal court has ordered Apple to help the FBI break into a phone used by one of the San Bernardino killers. Apple has appealed the ruling and says the government plan puts the privacy of all users at risk.

Futuristic ideas

Rodney Brooks, creator of Roomba and CEO of Rethink Robots, argued that robots aren't as dangerous as people think they are. At one point, he reached into his pocket and pulled out a coin — then noted that no robot is currently capable of doing the same.

Still, the robotics pioneer thinks robots will be essential for elder care, helping with daily tasks, acting as companions and driving people around. In similar respects such as manufacturing, he argued, robots won't displace jobs, they'll do the work no one wants to do.

Tech and music

As always, tech and music intermingled during the festival. When the indie-rock band Great Caesar played at a popular local bar, it was no ordinary SXSW show. Its sponsor, Doppler, was testing ear buds designed to augment live music. Via an app, ear bud wearers could adjust the bass they could hear, for example, or create an echo effect. They could also choose pre-mixed filters that mimic the sound effects of different places, such as a small studio or Carnegie Hall.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

A lesson in race on your television show

THE SHOWS: Black-ish, Season 2, Episode 1 (ABC/City); and American Crime Story: The People v. O.J. Simpson, Season 1, Episode 5 (FX)
THE MOMENT: The N-word

Adorable moppet Jack (Miles Brown) rapped the N word during a school concert. His school wants to expel him. His father Dre (Anthony Anderson) defends him to the (mostly white) board.

"You people are trying to eliminate a word from my son's vocabulary because you think it's ugly," Dre says.

"Isn't it?" asks a white administrator.

"From you, it would be," Dre replies. "The white man either wants nobody to say it because he can't, or everybody to say it because he wants to."

Black-ish has been more black and less ish this season, and is stronger for it. In Episode 16, for example, the family reacts to police brutality against African-Americans. In this episode, people utter the N word 10 times in 22 minutes.

The same debate recently popped up on The People vs. OJ Simpson: Two black lawyers argue whether the word should be allowed in court. Christopher Darden (Stirling K. Brown) says it's hurtful to black people; Johnnie Cochran (Courtney B. Vance) says black people can and have handled much worse.

These shows, along with the just-concluded series American Crime (in which a black high-school basketball captain is implicated in the rape of a white teammate), examine issues of race and class from multiple angles. They harken back to the 1970s, when Norman Lear's sitcoms All in the Family and Maude routinely delivered civics lessons to a broad audience.

Though TV is more niche now, it's still our most powerful medium for delivering a message. These series aren't afraid to use it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

Defenceman P.K. Subban will sit out at least two more games with a neck injury, Montreal Canadiens coach Michel Therrien said

Doug McDermott of the Chicago Bulls shoots over Norman Powell on Monday night. RON TURENNE/NBAE VIA GETTY IMAGES

NBA

Bulls win ninth straight over Raps

The Chicago Bulls continue to have Toronto's number.

Doug McDermott scored 29 points as the Bulls edged the Raptors 109-107 on Monday, Chicago's ninth straight victory against Toronto.

Kyle Lowry led Toronto (44-21) with 33 points, 11 rebounds and seven assists and DeMar DeRozan had 27 points.

The loss dropped Toronto's record on this seven-game homestand to 5-2.

More bad news for the Raptors came when they lost Jonas Valanciunas with 2:25 left in the first quarter, when the forward headed to the locker-room holding his left hand. X-rays were negative but the team said he would undergo further testing.

THE CANADIAN PRESS

MONDAY At ACC

BULLS	RAPTORS
109	107

Flying high halfway through the spring

IN DUNEDIN

Checking in on the eye-openers from Blue Jays camp thus far

Michael Saunders has, arguably, hit the ball harder and more consistently than any of the Jays' starting nine in spring training. STEVE RUSSELL/TORSTAR NEWS SERVICE

The Blue Jays had the day off Monday, and are enjoying a tremendous camp so far with wins in 10 of their first 13 games.

Injuries have prevented pitcher Marco Estrada and DH/first baseman Edwin Encarnacion from appearing in a game yet, but the two are expected to return to the roster this week.

Here are five takes from spring training, which is about halfway done:

MINOR-LEAGUERS

Shortstop Richard Urena has made a case for himself to be a big part of the Jays' future, more so even than top-shelf prospects like Anthony Alford and Conner Greene. Urena showed impeccable fielding and defensive instincts; he's also a switch hitter and can help win games with his bat control. Manager John Gibbons even touted him as the heir-apparent to Troy Tulowitzki.

CATCHER

Russell Martin and Josh Thole appear firmly in command of the major-league catching tandem but 20-year-old Danny Jansen opened some eyes. He'll likely start the season in A-ball, but has announced himself as one to watch. A.J. Jimenez, meanwhile, shed about 15 pounds and has looked tremendous this spring. Toronto could lose him on the waiver wire, but if not, Jimenez looks very close to living up to the promise he had dashed by injuries over the last three seasons.

MICHAEL SAUNDERS

How does Saunders look? In a word, pretty darn good.

Of course, he has ground to make up after missing most of last season with a knee injury. But Saunders has three homers and a pair of opposite field doubles, off the wall in left in spring. He's likely to bat seventh, but he could also hit sixth and break up the all-right handed opening six in the lineup.

DARRELL CECILIANI

Does he have a legitimate shot at the fourth outfielder's job?

There's certainly an argument there for the former Met, 25, who bats left. That fourth outfielder job appears to belong to incumbent Ezequiel Carrera, and while Carrera served the Jays well there in 2015, appearing in 91 games, Ceciliani is a legitimate consideration, having shown solid defence and a reliable bat this spring. At the very least, Ceciliani is in the mix as a call-up.

THE CLOSER

There doesn't appear to be a bad bet here in either Roberto Osuna or Drew Storen.

Osuna said the two have spoken to each other about the job battle, and both are fine with whatever decision the Jays make. The popular thinking is the job is Storen's, but it would make more sense to start with Osuna as the closer, given the tremendous job he did there last season.

Osuna has been told by other major-leaguers he has a chance to become the next Mariano Rivera. TORSTAR NEWS SERVICE

RIO 2016

U.S. fencer takes on Trump

When fencer Ibtihaj Muhammad goes to the Rio Games this summer she will make history as the first U.S. Olympian to compete wearing a hijab.

But as she blazes a path on the world stage, she is worried about her security — at home. She fears it is being compromised by presidential hopeful Donald Trump, who has called for a temporary ban on Muslims entering the U.S.

"When you incite hateful speech and rhetoric like that, the people who say it never think about the repercussions and how that affects Muslims," Muhammad said in a recent Time magazine article. "Specifically Muslim women who wear their religion every single day. So then you start to think, am I going to be safe?"

The 30-year-old has qualified to compete in sabre fencing at the Olympics in August.

"I still have faith in the greater America that we will not vote someone as ignorant as Donald Trump into office," Muhammad told Time. Muhammad was born in Maplewood, N.J., and grew up as the middle child of five.

Her mother, Inayah Muhammad, a schoolteacher, encouraged all her kids to be competitive, even if it meant altering every uniform. At 13, Muhammad started fencing in high school and her mother realized there was at least one sport where her outfit wouldn't require modification. TORSTAR NEWS SERVICE

Okazaki overhead keeps dream alive

EPL

Miraculous Leicester now just 8 games from title win

Leicester's Shinji Okazaki nets the winner with an overhead kick in front of Newcastle's Steven Taylor. LAURENCE GRIFFITHS/GETTY IMAGES

Shinji Okazaki's overhead kick gave leader Leicester a 1-0 victory over Rafa Benitez's Newcastle on Monday, a goal as spectacular as his team's improbable Premier League title challenge. As Leicester restored its five-point lead at the summit over Tottenham with eight games remaining, former Real Madrid and Liverpool coach Benitez made a losing start to his reign as Newcastle manager.

Newcastle is facing relegation, one point from safety, while Leicester is on track for a first-ever league title a year after being bottom of the standings before narrowly avoiding the drop. "We had to dig in today," Leicester captain Wes Morgan told British broadcaster Sky Sports. "It wasn't a pretty game but the most important thing is we got the three points."

Okazaki's fifth goal of the league campaign came from Leicester's only shot on target in the 25th minute. Newcastle failed to clear Riyad Mahrez's free kick and when Marc Albrighton sent the ball back in, Jamie Vardy headed across for Okazaki to execute the acrobatic finish from six yards.

"A special goal and a special moment," midfielder Danny Drinkwater said. Leicester, which travels to Crystal Palace on Saturday, has now won 12 games by a one-goal margin this season. "It wasn't one of our best performances but we showed a fantastic spirit," Leicester manager Claudio Ranieri said.

> **You could see the commitment and the passion.**
> Newcastle's new manager Rafa Benitez on the positives for his troubled team.

The slender victories mean Leicester can prepare for Champions League football for the first time next season. Leicester has lost only three times in 30 games and is 12 points ahead of fourth-place Manchester City, which has a game in hand.

Newcastle's next challenge in the relegation fight is a north-east derby on Sunday against fellow struggler Sunderland. But Benitez believed there were encouraging signs in the loss at the King Power Stadium. "You could see the commitment and the passion," said the Spaniard who was fired by Real Madrid in January. THE ASSOCIATED PRESS

DIVISION TABLE

	GP	W-D-L	Pts.
Leicester	30	18-9-3	63
Tottenham	30	16-10-4	58
Arsenal	29	15-7-7	52
Man. City	29	15-6-8	51
West Ham	29	13-10-6	49
Man. United	29	13-8-8	47
S'hampton	30	12-8-10	44
Liverpool	28	12-8-8	44
Stoke City	30	12-7-11	43
Chelsea	29	10-10-9	40
West Brom	29	10-9-10	39
Everton	28	9-11-8	38
B'mouth	30	10-8-12	38
Watford	29	10-7-12	37
Crys. Palace	29	9-6-14	33
Swansea	30	8-9-13	33
Sunderland	29	6-7-16	25
Norwich	30	6-7-17	25
Newcastle	29	6-6-17	24
Aston Villa	30	3-7-20	16

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What to look for at March Madness

The overall No. 1 seed in the NCAA Tournament hasn't made it out of the opening weekend the past two years, so you better believe the boys at Kansas feels as if they have something to prove.

Even after their 12th straight Big 12 championship, the Jayhawks enter not knowing exactly what lies ahead.

So, what storylines will dominant this opening weekend?

Here are some of them:

1 BIG 12 OR BUST — The Jayhawks weren't the only Big 12 flop last season. No. 3 seeds Baylor and Iowa State lost their openers and the league didn't get anybody to the Elite Eight. Can the seven teams that made this year's NCAA Tournament field find retribution?

2 TOUGHEST TICKET — Good luck getting a seat in Des Moines. The Jayhawks have a three-hour drive from their campus in Lawrence, while blue-bloods Kentucky, UConn and Indiana are joining them there. The only thing that would have driven up the price more is if the Hawkeyes (headed to Raleigh), Iowa State (off to Denver) or Northern Iowa (sent to Oklahoma City) were playing close to home.

3 MOMENTUM MATTERS — UConn roared through its conference tournament, as it did in winning the 2011 and '14 national titles. But if having momentum is a good thing this time of year, not having it is just as bad.

4 GOING GLOBAL — Utah's Jakob Poeltl was born in Austria. Other internationals: Buddy Hield of Oklahoma (Bahamas), Domantas Sabonis of Gonzaga (Lithuania), Iowa's Peter Jok (Sudan), Cheick Diallo of Kansas (Mali), Kentucky's Skal Labissiere (Haiti) and Amida Brimah of UConn (Ghana).

5 RIVALRIES — Potentially, Southwest foes Texas and Texas A&M, powers Kentucky and Indiana, football foes Notre Dame and Michigan. THE ASSOCIATED PRESS

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RECIPE Fish Tacos with Glazed Sweet Potato

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A zesty burst of spices paired with a hit of maple roasted sweet potato make these simple fish tacos your new Tuesday night dinner date.

Ready in
Prep time: 15 minutes
Total time: 40 minutes
Serves 4

Ingredients
- 4 to 6 mahi-mahi or halibut fillets
- 1 tsp ground cumin
- 1/2 tsp ground chili powder
- 1/2 tsp ground oregano
- 1/2 tsp garlic powder
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1 small sweet potato, diced into 1/2-inch cubes
- 2 tsp maple syrup
- Salt
- 1 tsp butter

Suggested ingredients for serving:
- Corn or whole wheat tortillas
- Coleslaw, salsa, chopped fresh cilantro, sour cream, guacamole

Directions
1. Preheat oven to 425 F and grease a large baking sheet.
2. Combine the cumin, chili powder, oregano, garlic powder, cinnamon and salt in a small bowl and mix with a fork to combine. Sprinkle over fish and rub spice mix evenly across the fillets.
3. Place on prepared sheet and bake in the oven for 12 to 15 minutes, or until fish flakes with a fork. Place mahi-mahi on a platter and pull fillets apart with a fork.
4. Toss sweet potato with maple syrup and sprinkle with salt.
5. In a skillet over medium-low heat, add the butter and sauté the sweet potato for about 10 minutes, or until tender. Set aside.
6. Serve fish and sweet potato alongside other fixings.

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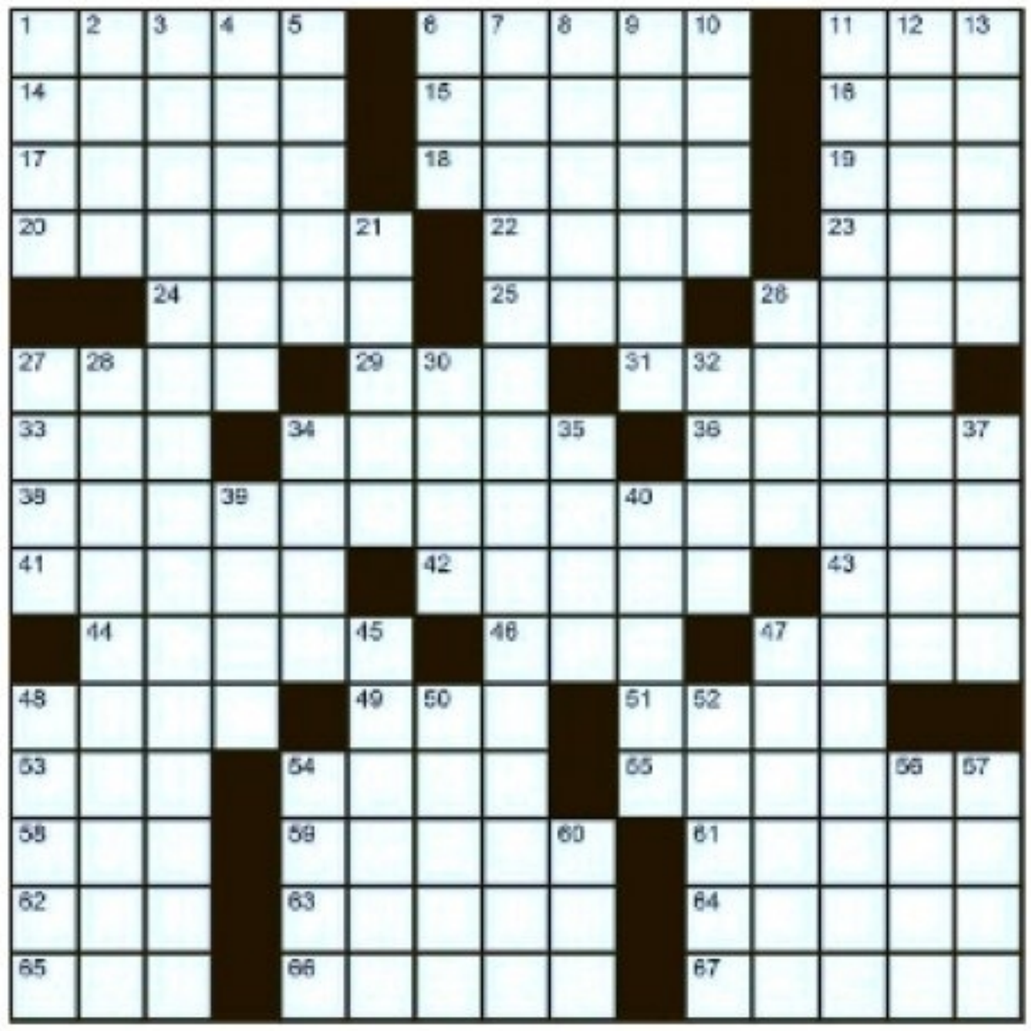
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Massivenesses
6. Eight member group
11. "You've Got Mail." co.
14. Glass-ceiling lobbies
15. Monte _ (Gambling destination)
16. Lingerie item
17. Layovers
18. Love, in Laval
19. Comfy retreat
20. Canadian music legend Tommy
22. Bread and rice and chocolate desserts, cute-style
23. Curious
24. Reggae star Peter
25. Dined
26. Ed of "Daniel Boone"
27. Baking recipe amt.
29. Kimono sash
31. Las Vegas _
33. Pilot's 'height', briefly
34. Wise saying
36. Rile
38. Smallpox, as brought to the New World: 2 wds.
41. Vichyssoise vegetables
42. Insincere smile
43. Collagen injection site
44. Painter's stylish hat
46. Irish carrier, _ Lingus
47. Takes steps
48. Lethbridge's li'l locale
49. Female lobster
51. Broadway star Linda
53. Donnybrook
54. Mediterranean cheese
55. Lively Baroque dances in France
58. Writer of The Raven
59. Harsh
61. Prefix to 'dyne' (Toothpaste brand)
62. Mr. Sullivan's of variety TV
63. Harmony
64. Desert greenery
65. Grocery shopper's reference of needed things, briefly
66. Shrek voicer Mike
67. "_ _ Majesty's Secret Service (1969)"

DOWN
1. Heavenly _ (Ice cream flavour)
2. "_ _, Brute?" - Caesar
3. CN Tower's location in Toronto: 3 wds.
4. _ _ Tailors (Canadian menswear chain)
5. Mail recipient's requests of senders, for short
6. Goose, in Italy
7. Occupation of Toronto-born actress Alison Pill's character on new political drama "The Family", on CTV: 2 wds.
8. Speckled fish
9. Sidesteps
10. Crags
11. Exerciser's one-of-some on the way to a six pack: 2 wds.
12. Miner's discovery: 2 wds.
13. Brings in the airplane
21. _ Island (New England state)
26. "Rule, Britannia" composer
27. Weight unit in China
28. Aristocrats: 2 wds.
30. Lamb sounds
32. Undertaking
34. Church section
35. 'Little _' Bouvier Beale (Jackie Kennedy's cousin played by Drew Barrymore in HBO movie "Grey Gardens" in 2009)
37. Positive replies, in slang
39. Pod vegetable
40. Asymmetrical [abbr.]
45. Hypothesis
47. Sea between Greece and Turkey
48. Adrien _ (Skincare brand)
50. Chopin music piece
52. Music for Donna Summer
54. "3rd Rock _ the Sun"
56. Punta del _, Uruguay
57. Montreal 'evening'
60. Timecard abbreviations

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You need to confront something that both scares and excites you. Old fears and desires are likely to return today and you will have to fight an emotional battle you thought was over and done with. End it this time.

Taurus April 21 - May 21
Do whatever it takes to reach your goal. No sacrifice is too great. No effort is beyond you. But while you may have the power to transform yourself don't think you can transform others — you can't.

Gemini May 22 - June 21
Mercury, your ruler, at odds with Jupiter, means that someone powerful will try to bend you to their will today. Don't let it happen. Take a stand.

Cancer June 22 - July 23
Others may say that something cannot be done because it is too much for them but that does not mean it is too much for you. Reach out and embrace what is new and exciting.

Leo July 24 - Aug. 23
You're being pushed harder than ever before but that's good because you need to be tested. The closer you come to what you thought were your limits the more you will realize that you are capable of much more.

Virgo Aug. 24 - Sept. 23
You may want to discuss contentious topics but others are desperate to avoid them. Take the hint and don't push too hard. If you force the issue the results may not be to your liking.

Libra Sept. 24 - Oct. 23
Try not to twist yourself in knots over things you cannot control. What is fated to be will be, whether you worry about it or not, so put all negativity behind you once and for all.

Scorpio Oct. 24 - Nov. 22
You may believe you know what's best but that does not give you the right to impose your solutions on others. Speak truth as you see it and let others make their own choices.

Sagittarius Nov. 23 - Dec. 21
You may not have the qualifications or the experience that your rivals possess but you do have the ability to adapt quickly. The more fixed others are in their ways the more likely it is you will win.

Capricorn Dec. 22 - Jan. 20
While others are complaining that life is unfair you will be quietly going about your business in a state of calm and careful determination. Today's events will work in your favour.

Aquarius Jan. 21 - Feb. 19
Listen to advice today, even if it comes from people whose opinions you don't always agree with. If they say you are wasting your time on a project that is close to your heart they may be right. Don't hold on to what is no longer useful to you.

Pisces Feb. 20 - March 20
It is better to back down than to risk making enemies of people who have more power than you. It's not cowardly, it's common sense.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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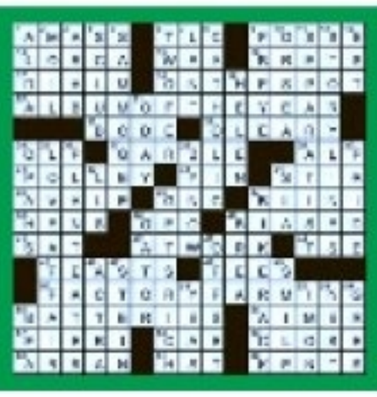

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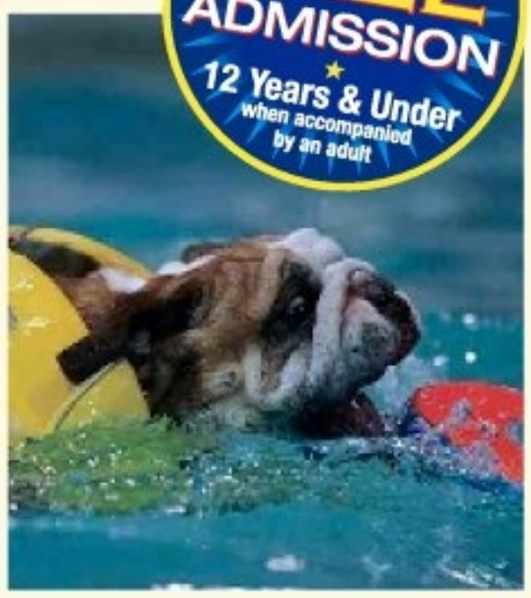

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